

UKUKHULELWA OKUNGENATSHWALA



INGANE EPHILILE

UMNDENI OTHOKOZILE

*Uma usuvele unayo ingane eneFAS  
kepha usaqhubeka nokuphuza utshwala,  
ungaba nenyefuthi ingane eneFAS.*

Nazi ezinye izindawo lapho abantu bengazit-  
holela khona ulwazi noma usizo ngeFAS uma  
bezama ukuyeka utshwala:

- SANCA (South African National Council on Alcoholism) , P.O. Box 30622, Braamfontein, 2017  
Tel: (011) 482-1070/ Faks: (011) 482-7187
- Regional Alcoholic Anonymous Groups
- Umtholampilo oseduze nawe



UTSHWALA BUNGAYIKHUBAZA  
INGANE YAKHO  
ENGAKAZALWA

*Masakheni ndawonye impilo engcono*



Department of Health  
Private Bag X828  
PRETORIA  
0001

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QAPHELA UTSHWALA



*Uma umama ephuza, nomntwana naye "uyaphuza"*

*Cabanga ngaphambi kokuba uphuze*

## VIKELA USANA LWAKHO OLUNGAKAZALWA KUPHUZO OLUDAKAYO

- Ukuphuza utshwala kowesifazane okhulelwe kungacina kwenze ingane ukuba ibe nalokhu esithi yi Fetal Alcohol Syndrome (FAS)
- Izingane ezine FAS
  - ziba nokukhubazeka kwengqondo
  - zikhula zizincane kuneminyaka yazo
- Lokhu kungaholela ekubeni nezinkinga:
  - ekufundeni esikoleni
  - ekuzinikeleni ngokuphelele kokwenzayo
  - ekwenzeni imisebenzi elula nje.
  - ngoba utshwala bukhubuza ingqondo.

*Umphumela wokuphuza utshwala komuntu okhulelwe ukuba nezinkinga okungelula ukuba zixazululwe masinyane.*

*Cabanga ngaphambi kokuba uphuze*

## OKUMELE KWENZIWE (IMOGOMO)

### ABESIFAZANE

- vakashela umtholampilo wabakhulelwe ngokushesha uma ukhulelwe
- Uma ufuna ukukhulelwa noma usukhulelwe yeka ukuphuza utshwala. Uma wehluleka yehlisa izinga lokuphuza. Kanti uma wehiuleka ngempela ukuyeka utshwala, zihlanganise nodokotela noma umtholampilo oseduze nawe.*

### ABESILISA

- Nceda umhlobo wakho okhulelwe
    - gwema utshwala
    - idla ngendlela efanele
  - yehlisa izinga lokuphuza utshwala
  - xhasa isithandwa sakho zikhathi zonke
- Uma kunzima ukuyeka uphuzo oludakayo thintana nodokotela noma nomtholampilo oseduze.*

### ABASEBENZI BEZE MPILO

- Yazisani imindeni ngezi ngozi zokuphuza utshwala ngesikhathi owesifazane ekhulelwe
- Sizani imindeni ngokuyifunisa isisombululo kanye nolwazi olunzulu ngotshwala
- dluliselani iziguli lapho zingathola khona usizo

*Cabanga ngaphambi kokuba uphuze*

## OTHISHA

- Yazini ukubona iugane enezinkinga zokufunda
- Dluliselani lezongane kwabaqondene noku-fundisa izingane ezinalezinkinga (Guidance/ Remedial Teachers)
- Qaphelisani abafundi ngengozi yotshwala kumuntu okhulelwe

### UMPHAKATHI

- Yakhani amaqembu lapho abantu abanezinkinga zophuzo bengahlangana khona bakhane.
- Sebensisanani nezinhlelo zokuvimbela i FAS
- Zixhumaniseni nabasebenzi kanye naba fundisa ngezempilo.
- Xhasani abesifazane ahaphuzayo, nibasize ukuxazula izinkinga zabo
- Bambani iqhaza ezinhlelweni eziphathelene nokwehliswa kwezinga lokuphuza kwabesimame.

*Ukukhulelwa kubaluleke, kakhulu masikugcine kuphephile*

*Cabanga ngaphambi kokuba uphuze*